

Group Exercise Schedule September 2021

Group Exercise Schedule September 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 Virtual RPM	5:15 Virtual Sprint 6:00 RPM	5:00 Virtual RPM	5:15 Virtual Sprint 6:00 Virtual RPM	5:00 Virtual RPM	
	7:00 Virtual Sprint		7:00 Virtual Sprint		7:00 Virtual Sprint 7:00 PiYo	7:30 Virtual Sprint 7:45 Body Pump 8:00 9/25 PYT
		8:15 CORE		8:15 CORE	8:15 Barre Connect	
	8:30 Body Pump		8:30 Body Pump	8:50 Body Combat	8:30 Body Pump	
9:00 Virtual Sprint	9:45 RPM	9:00 Spin & Sculpt	9:00 Aqua Dance 9:15 Virtual Sprint	9:00 RPM		9:00 RPM
					9:45 Virtual RPM	9:00 9/18 9:00 Body Combat 9:00 9/18 Barre Connect
	10:00 Aqua Core 10:00 Cardio, Core, & More		10:00 Zumba 10:00 PiYo		10:00 Aqua Core 10:00 Chair Yoga 10:00 Zumba	9:00 9/25 9:00 Body Attack 10:00 9/18 Zumba
	12:00 Virtual Sprint	12:00 Virtual RPM 12:00 Zumba	12:00 Sprint	12:00 Virtual RPM 12:00 Zumba	11:15 Virtual Sprint 12:00 Intro Yoga	12:00 Virtual RPM
1:00 Virtual RPM				3:00 Mindfulness Yoga		3:00 Virtual Sprint
3:30 Virtual Sprint	4:15 PiYo	4:00 Virtual RPM		4:00 Virtual Sprint		
	4:30 Body Attack-45	4:00 Yoga	4:15 Body Combat	4:30 Body Pump-45		4:30 Virtual RPM
	4:30 RPM	4:30 Body Pump-45	4:30 RPM		4:30 Sprint	
5:00 Virtual RPM						Group Exercise Room Cycle Studio Exercise Pool
	5:30 Body Pump	5:20 CORE		5:20 CORE		
	5:30 Zumba	5:30 Cardio Party	5:30 Body Pump	5:30 Hatha Yoga		Multi-Purpose Room
	5:30 Water Aerobics	5:30 HydroFit	5:30 Body Attack	5:30 Water Aerobics		Mind-Body Studio
		6:00 Body Combat		6:00 Zumba		
	6:00 RPM	6:00 Sprint	6:00 RPM	6:00 Sprint		
	7:30 Virtual Sprint	7:00 Virtual RPM	7:30 Virtual Sprint	7:00 Virtual RPM		



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or our Smart phone APP, [Fit@ThibReg](#), for our most updated schedule.